

# Barley Noodles–Made with Pasta Machine

*Developed by Kate Idzorek, Food Research Technician,  
and Kristy Long, Extension Foods Specialist*



**FNH-00410**

## Ingredients

- 1½ cups barley flour
- ½ cup whole wheat or all-purpose flour
- 3 large eggs
- 2–3 teaspoons cold water (less if dough is wet, more if dry)
- 1 teaspoon salt for cooking

## Equipment

- medium bowl
- wooden spoon
- measuring cups and spoons
- pasta machine
- 4-quart cooking pot

## Method

1. Mix barley flour and all-purpose or whole wheat flour thoroughly. Make well in center.
2. Add eggs to well and mix with wooden spoon or by hand.
3. Add water slowly, as needed, and mix until the dough is well blended. The dough should form into a pliable ball and not stick to your hands.
4. Knead by hand on lightly floured surface (using whole wheat or all-purpose flour) for about 1 minute.
5. Break dough into 8 pieces. Roll each piece into a ball.
6. Flatten, by hand, one dough ball at a time to approximately ½ inch thick. Cover remaining dough balls with a bowl to prevent them from drying out.
7. Run flattened ball through the pasta machine on setting #1 (the widest setting) 6–8 times, folding the dough in half each time.
8. Run flat dough through pasta machine on setting #2 one time. Do not fold dough in half. Continue decreasing thickness on machine up to setting #7 (or your desired thickness). The dough should be a long thin piece.
9. Run through the desired width of pasta cutter.
10. Lay finished noodles on a tray to dry for about an hour.

## Cooking Method

1. Bring 3 quarts of water to a rolling boil in large pot.
2. Add 1 teaspoon salt to boiling water
3. Add noodles and boil about 3 minutes.
4. Remove from pot and drain excess water.

**Makes about 3 servings**



**Total Cost: \$1.07**

**Cost per serving: \$0.36**

\*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.

## Tips

- If dough is sticky, lightly dust with whole wheat or all-purpose flour before running through machine.
- Store raw noodles in covered container in refrigerator for up to 5 days.
- Replace eggs with desired egg replacement product to reduce cholesterol.
- Dehydrate the noodles for later use:
  - Gently pull noodles apart and place into piles about 2 inches in diameter and 1 inch high.
  - Place piles on dehydrator tray.
  - Dehydrate at 135°F for about 2–4 hours or until dry.
  - Store in airtight plastic bag.

## Nutrition Facts

Serving Size (140g)  
Servings Per Container: About 3

Amount Per Serving

**Calories 380**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 195mg**      **65%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 63g**      **21%**

Dietary Fiber 10g      **40%**

Sugars 2g

**Protein 16g**

Vitamin A 6%      • Vitamin C 0%

Calcium 2%      • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



*This material is based upon work supported by the Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture, under Agreement No. 2003-45057-01644. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.*

*For more information, contact your local Cooperative Extension Service office or Roxie Rodgers Dinstel, Extension Faculty, Health, Home and Family Development, at 907-474-2426 or [rrdinstel@alaska.edu](mailto:rrdinstel@alaska.edu).*

**Visit the Cooperative Extension Service website at  
[www.uaf.edu/ces](http://www.uaf.edu/ces) or call 1-877-520-5211**

